

Partner's Responsibilities

H YDRATION (offer her juice, water or popsicles after each contraction. She might also like watermelon, cucumber, grapes, etc.)

E NDEARMENT (tell her you love her, you're proud of her, she's amazing and beautiful)

L IGHTS (ask the nurse to show you where all of the light switches are and then keep the lights dimmed when they're not needed)

P ROTECT/Advocate (if your doula says, 'the nurse or doctor WANTS ... you can say your partner doesn't want that or ask them to stop and explain)

S OUNDS (keep the music playing to make her feel at home and block unwanted sounds – always ask if this is the music she wants to hear now)

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